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CALIFORNIA STATE BOARD OF HEALTH

Weekly



Bulletin

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GUY P. JONES
EDITOR

How Long Beach Handles Sanitation.

The city of Long Beach has an exceptionally efficient method of refuse collection which is described in detail in the *Long Beach Sun*. It reads as follows:

"Keeping the city in a sanitary and healthy condition is one of the most important duties exacted of the municipal government. The average citizen, however, is apparently ignorant of the function of the organization upon whose shoulders rests this responsibility.

"The high state of efficiency attained by this department under the supervision of Dr. Ralph L. Taylor, director of city sanitation, without question is worthy of more than passing comment. The sanitation department is an organization of trained men who work with a precision and loyalty not surpassed by any other department of the city. And while their task is not always pleasant it should be realized that the men thus employed are performing a duty that insures ridding the city each day of waste materials, which if allowed to remain might bring pestilence and death.

"Including Dr. Taylor there are 144 men in the sanitation department. Walter Fowler is general foreman and F. M. Chandler is assistant foreman.

"Each morning at 6 o'clock, rain or shine, a caravan of tractors, trucks and trailers winds its way out of the city yards at California avenue and Seventh street and spreads over the city. As though executing military maneuvers each crew goes to a separate district to begin its work of the day.

SYSTEM IS EXPLAINED.

"Three different types of pickup rigs are represented in this small army of vehicles. One set of wagons is consigned to gathering garbage, another set picks up rubbish and still another group is used for gathering trimmings, which consist of tree branches, grass and cuttings of vines and shrubbery. Why the department separates collections of rubbish and trimmings is explained by Foreman Fowler. 'We have found from experience that collections of rubbish and trimmings can be made more efficiently if separate crews are assigned to the pickups, because taken separately it is possible to secure larger loads than if both were picked up by the same wagon.'

"The city is divided into zones to facilitate the sanitation work. There are 91 different routes that must be covered each week, some of them being quite long. The most extended of these is the route traversing Virginia City, North Long Beach, which requires a collection crew to cover 70 miles of territory. Maps of the various zones and the routes are kept available in the yard office.

"The frequency of garbage and rubbish trimmings collections is gauged by the need of such collections. For instance, in zone No. 1, comprising the entire business section of the city and East and West Anaheim street, garbage collections are made daily, usually early in the morning before business houses are opened.

METHOD OF COLLECTIONS.

"In zone No. 2, including sections lying just outside the business districts, garbage collections are made twice each week and

in the outskirts of the city collections are made but once each week.

"In addition to the 43 motor vehicles operated by the department there are six teams, which are used on large wagons for rubbish and trimmings pickups.

"As soon as the first garbage has been collected powerful tractors transport it in trains of several trailers over Signal Hill to the city's dump hopper, which is located on water lands at Temple avenue and Willow street. Here the waste material is sorted and gathered by private buyers who cart it away for hog feed.

"Modern facilities for unloading are provided, the garbage tanks, which rest on rockers, being easily tipped by one man until the contents slide out. A former sailor employed at the dump is responsible for the ease of removing heavy loads of rubbish and trimmings. Through a simple device he fashioned, consisting of a heavy plank attached to two cables, the entire load is pulled off with the aid of a tractor in quick time. This is made possible by placing the plank, the width of the wagon bed, at the forward part of the rig before it is loaded. The cables are allowed to lie on the floor of the bed, and are held down by the rubbish as it is piled into the wagon. When a hook is attached to the ends of the cable the board is pulled out, bringing the entire load with it.

SPEEDY UNLOADING.

"The efficiency of the device was tested out recently when a worker at the dump kept check on the time required to unload a fleet of 24 rigs. It required just 35 minutes to accomplish the task with the plank and cable device with which each rig is equipped. Under the old system it took one man with a fork 30 minutes to unload one wagon.

"Foreman Fowler is charged with the duty of seeing that each employee is at his place and ready for duty when the work day begins at 6 a.m. The foreman himself arrives at the yard a half hour earlier. It usually requires about five minutes for the entire caravan to get out of the yards. In case of absence due to illness or other causes Fowler is obliged to make quick changes in the assignments of his crews to fill the vacancies and yet avoid impairing the efficiency of the department."



The fifth Pan American Child Congress will be held in Havana, Cuba, next February and will include an international child-welfare exposition. The Government of the United States has been invited to participate. The congress will be divided into six sections, medicine, hygiene, sociology, education, psychology, and legislation.

Annual Physical Examination Important.

"The value of a periodic physical examination," says Surgeon General Cumming of the United States Public Health Service, "can not be over-estimated. Every business man appreciates the importance of a periodic inventory. It is a good business principle to make an inventory at regular intervals in order to find out the true state of stock, yet, singularly enough, few people carry the stock-taking idea over into the equally important field of personal health.

"Many diseases begin slowly or insidiously and may not produce any disabling symptoms until the condition is considerably advanced. Tuberculosis, cancer, Bright's disease, diabetes, hardening of the arteries, and certain forms of heart disease are examples of diseases that may begin unnoticed. To the physician, trained to note the slightest symptom of disorder, the beginning of these diseases is at once apparent. A careful physical examination made periodically would detect such diseases early and allow of the prompt institution of proper treatment.

"Objection to periodic physical examinations is sometimes made on the ground that such examinations cause much unnecessary worry, especially if some disease is detected. If a diseased condition is present, the person affected should know about it in order that corrective steps may be taken promptly. If a person is in excellent health, he has nothing to fear from a physical examination, but such an examination will add to his peace of mind and mental security. Such periodic examinations should begin in early life, certainly during the pre-school age, and be continued into old age. If this practice was begun then, there would be found many defects of vision and hearing and such conditions as enlarged tonsils, nasal obstructions, adenoids, flat feet, sequelæ of diseases of childhood, and similar conditions, which could be corrected and thus the handicap of such children could be avoided.

"Periodic physical examinations are valuable not only for the early detection of disease, but also serve as a guide in the selection of suitable employment for those with known defects.

"Business should be applied to the care of the human body, and a periodic physical inventory taken by a competent physician."



"A man too busy to take care of his Health is like a Mechanic too busy to take care of his tools."—Cicero.

Health Officers In Many Changes.

Dr. James Sanderson has been appointed health officer of Sierra County to succeed Dr. Wallace B. Hardie.

Dr. Etta S. Lund succeeds Dr. F. H. Gambell as health officer of Glenn County.

Dr. F. H. Harrison is now health officer of Alpine County, vice Dr. Wm. J. Van Den Berg.

The Orange County Health Department has taken over the activities of the La Habra City Health Department, Dr. J. W. Camp former city health officer.

The Monterey County Health Department has taken over the work of the King City Health Department, of which Mr. W. J. Mann was formerly city health officer.

The work of the Rocklin City Health Department has been taken over by the health officer of Placer County. Mr. John H. Gregory was former city health officer of Rocklin.

The Huntington Beach City Health Department has transferred its activities to the Orange County Health Department. Mr. John Tinsley was formerly city health officer of Huntington Beach.

Since the death of Mr. Grover King, who was city health officer of Potter Valley, the work of the department has been taken over by the health officer of Mendocino County.



Life is somewhat like going over a hill: we ascend, reach the top level, and descend the other side. In youth we are developing and climbing, think and hope to reach old age, we are optimistic and our tissues are elastic, by middle age we reach the age of youth and the youth of age and the top level of the hill. How long we may remain there depends upon how we have conformed to healthful living, and what concessions to prolong the oncoming descent. We may plunge down to premature age and early death, or prolong and reach old age with a minimum of impairment. In youth our tissues are elastic, in middle age resiliency is beginning to be lost. We should, above all, endeavor to conserve this elasticity and especially prevent brittleness of our arteries, the leading etiological factors in which are social disease and alcohol. At sixty and even before nature sends in her bill for violations, she will not be denied; we must pay. If you could only vision and realize.—Buffalo Sanitary Bulletin.



MORBIDITY.*

Diphtheria.

163 cases of diphtheria have been reported, as follows: Alameda County 1, Alameda 1, Berkeley 1, Oakland 7, Piedmont 1, San

Leandro 1, Butte County 4, Chico 6, Colusa 3, Fresno County 3, Humboldt County 3, Kern County 2, Los Angeles County 17, Alhambra 1, Compton 1, Glendale 3, Huntington Park 1, Long Beach 2, Los Angeles 60, South Gate 1, Maywood 1, Marin County 2, Grass Valley 2, Anaheim 1, Santa Ana 3, Riverside County 1, Riverside 2, Sacramento 2, San Diego County 1, San Diego 8, San Francisco 14, Redwood City 3, Turlock 1, Sutter County 1, Yuba City 1, Tulare County 1.

Scarlet Fever.

262 cases of scarlet fever have been reported, as follows: Berkeley 9, Oakland 8, Pinole 1, Richmond 8, Fresno County 1, Kern County 1, Tehachapi 1, Los Angeles County 30, Alhambra 2, Arcadia 1, Azusa 1, Compton 1, El Segundo 1, Glendale 5, Hermosa Beach 1, Huntington Park 2, Long Beach 16, Los Angeles 55, Pasadena 9, Redondo 1, Whittier 2, South Gate 1, Monterey Park 4, Maywood 2, Marin County 1, Los Banos 1, Orange County 1, Fullerton 1, Huntington Beach 5, Santa Ana 3, Riverside County 4, Banning 1, Riverside 2, Sacramento 7, Ontario 1, San Bernardino 1, San Diego County 1, San Diego 8, San Francisco 25, San Joaquin County 4, Manteca 1, Stockton 6, Palo Alto 2, San Jose 14, Sunnyvale 1, Healdsburg 1, Santa Rosa 2, Stanislaus County 2, Sutter County 3, Yolo County 1.

Measles.

824 cases of measles have been reported, as follows: Alameda County 6, Alameda 31, Berkeley 28, Livermore 5, Oakland 118, Piedmont 6, San Leandro 1, Butte County 4, Chico 14, Calaveras County 2, Colusa 3, Williams 2, Contra Costa County 2, Richmond 4, El Dorado County 2, Fresno County 2, Humboldt County 1, Bakersfield 1, Lake County 1, Lassen County 1, Susanville 7, Los Angeles County 17, Glendale 2, Long Beach 8, Los Angeles 18, Montebello 2, Pasadena 1, Whittier 2, South Gate 1, Madera 2, Merced County 1, Monterey County 1, Orange County 9, Huntington Beach 5, Seal Beach 2, Plumas County 1, Riverside 2, Sacramento 36, Redlands 7, San Bernardino 69, National City 1, San Diego 14, San Francisco 80, San Joaquin County 48, Lodi 74, Manteca 1, Stockton 89, Burlingame 1, Santa Barbara County 4, Los Gatos 1, Palo Alto 12, San Jose 13, Sunnyvale 1, Stanislaus County 9, Modesto 3, Newman 1, Sutter County 1, Tehama County 1, Red Bluff 1, Tuolumne County 21, Ventura County 1, Yolo County 19.

Smallpox.

4 cases of smallpox have been reported, as follows: Alameda 2, Oakland 1, Yolo County 1.

Typhoid Fever.

13 cases of typhoid fever have been reported, as follows: Los Angeles 4, Madera County 1, Placer County 1, San Francisco 2, San Joaquin County 3, Stockton 2.

Whooping Cough.

40 cases of whooping cough have been reported, as follows: Berkeley 2, Oakland 1, Piedmont 1, Los Angeles County 7, Long Beach 3, Los Angeles 4, Pasadena 5, San Diego 2, San Francisco 12, Los Gatos 2, Visalia 1.

Meningitis (Epidemic).

One case of epidemic meningitis was reported from Los Angeles.

Leprosy.

Los Angeles reported one case of leprosy.

Poliomyelitis.

Three cases of poliomyelitis were reported, as follows: Los Angeles 1, Long Beach 1, San Joaquin County.

*From reports received on December 20th and 21st for week ending December 18th.

COMMUNICABLE DISEASE REPORTS.

Disease	1926				1925			
	Week ending			Reports for week ending Dec. 18 received by Dec. 21	Week ending			Reports for week ending Dec. 19 received by Dec. 22
	Nov. 27	Dec. 4	Dec. 11		Nov. 28	Dec. 5	Dec. 12	
Anthrax	0	0	0	0	0	0	0	0
Botulism	0	0	0	0	0	0	0	0
Chickenpox	302	408	477	250	217	279	373	173
Diphtheria	206	195	173	163	144	139	115	121
Dysentery (Bacillary)	6	2	1	1	0	2	4	0
Encephalitis (Epidemic)	2	4	1	0	4	1	2	2
Gonococcus Infection	69	99	108	79	118	99	77	142
Influenza	18	22	34	25	17	15	25	44
Jaundice (Epidemic)	0	3	2	0	0	0	0	0
Leprosy	0	0	1	1	0	1	0	0
Malaria	2	1	3	0	2	1	0	0
Measles	667	854	1043	824	10	27	34	25
Meningitis (Epidemic)	3	2	1	1	0	4	7	5
Mumps	189	181	225	128	212	282	291	113
Paratyphoid Fever	2	0	1	0	1	1	0	1
Pneumonia (Lobar)	80	81	51	54	35	62	93	58
Poliomyelitis	5	5	7	3	10	3	4	3
Rabies (Animal)	7	4	8	5	2	3	4	3
Rabies (Human)	0	0	0	0	0	0	0	0
Rocky Mt. Spotted Fever	0	0	0	0	0	0	0	0
Scarlet Fever	262	233	236	262	171	144	143	133
Smallpox	10	40	15	4	55	47	51	54
Syphilis	87	154	146	100	96	127	132	100
Tetanus	1	0	0	0	1	1	0	2
Trachoma	4	194	9	4	2	3	2	6
Tuberculosis	196	202	141	140	125	129	242	156
Trichinosis	0	0	0	0	0	1	0	0
Typhoid Fever	14	12	13	13	17	8	9	13
Typhus Fever	0	0	0	0	0	0	0	0
Whooping Cough	59	70	72	40	55	51	99	24
Totals	2191	2766	2768	2097	1294	1430	1707	1178

COMMUNICABLE DISEASES BY AGE GROUPS—NOVEMBER, 1926.

Disease	0-1	1-4	5-9	10-14	15-19	20-24	25-34	35-44	45-54	55—	Adult
Anthrax											
Chickenpox	20	189	744	104	12	2	11	3	1		7
Diphtheria	10	116	311	106	33	21	47	31	12	9	9
Dysentery (Bacillary)	2	3	1						1		
Encephalitis (Epidemic)	1							1	1		
Erysipelas	3	1	2			1	2	7	6	9	3
German Measles	1	12	22	9	1						
Gonococcus Infection		8	14	11	45	116	121	40	10	6	30
Hookworm							1				
Jaundice (Epidemic)				1	1						
Leprosy											
Malaria			4				2			2	
Measles	50	555	1835	284	46	8	20	3	2	1	9
Meningitis (Epidemic)	1	1	2	1	2	1					
Mumps	2	43	383	179	46	11	16	2	2	1	14
Ophthalmia Neo.	6	1								1	
Paratyphoid Fever	1									1	
Pellagra			1				1	1	2	1	
Pneumonia (Lobar)	7	16	16	5	9	9	20	20	22	32	27
Poliomyelitis	2	6	6	1	1	1		1			
Scarlet Fever	6	191	542	196	48	19	31	9	3		6
Smallpox	2	5	14	10	10	5	6	10	7	11	1
Syphilis	4	4	3	8	27	86	141	116	61	37	8
Tetanus		1	1	1						1	
Trachoma		2	15	5	2						1
Tuberculosis	2	10	24	27	57	78	193	126	70	37	18
Typhoid Fever	1	3	9	8	7	9	12	11	1	1	1
Whooping Cough	17	102	165	15	3	2	1	2			